

# **Abstract**

**Title:** The occurrence of doping substances in the environment of fitness

**Objectives:** The main objective of this thesis is to determine attitudes, opinions and knowledge of visitors to the problem of doping, nutrition and support resources. Another aim is to look at what information the management of safety offered nutrition and supportive environment for bars fitness centers have.

**Methods:** The thesis used the method of sociological survey and interview. Survey method was used to determine the current situation dealing with doping and nutritional products for ordinary visitors of fitness centers and gyms.

**Results:** The thesis describes the issue of doping recreational sporting youth visiting the fitness center and gym. This Thesis also approach information on the safety and control offered nutrition and supportive environment for bars, fitness centers and gyms.